

News For All Seasons

January 2018

ISSUE 90



*Another fresh new year is here
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!*

*This bright new year is given me
To live each day with zest
To daily grow and try to be
My highest and my best!*

*I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!*

...By William Arthur Ward

Wayne Memorial hospital employees recently donated gifts to Wayne County Area Agency on Aging consumers. Pictured below are Mary Ursich, Administrator, Wayne County Area Agency on Aging & Mary Burgio, Social Work Director, Wayne Memorial Hospital.



George Piercy was honored for 20 years of volunteer service delivering home delivered meals.



Diakon Community Services is seeking a dynamic individual to coordinate a new Senior Corps RSVP program in Pike and Wayne Counties! RSVP is one of the largest volunteer networks in the nation for people 55 and over. We are looking to hire a full-time program coordinator responsible for recruiting and placing volunteers for a variety of organizations in Pike and Wayne Counties. Minimum Training or Experience: Bachelor's Degree in Communications, Human Services, Education or a related field or the equivalent of an appropriate combination of education and work experience. A minimum of two (2) years' experience in the fields of human services or volunteer administration or related position preferred. Interested individual may apply online at www.diakon.org/careers/. Applications will be accepted through January 7, 2018.

We look forward to hearing from you!

1. Center Closed 	2. Vegetable Soup WG Deep Dish Pizza Spring mix with carrots and garbanzo Beans HB: A Mixed Vegetable Medley Chunky Fruit Cocktail	3. Chicken & Dumplings Roasted Brussel Sprouts Parslied Buttered Potatoes Mandarin Oranges Creamy Chocolate Pudding 	4. Mediterranean Fish Beautiful Brown Rice Pickled Beets/Wild Wax Beans/WG split top rolls/butter/Giggling grapes HB: Chilled Pears	5 Shepherd's's Pie Sweet Garden Peas Kale Salad HB: Sweet garden peas WG roll/butter Canned Peaches
8 Open Faced Roast Beef Sandwich on WG Bread Fluffy whipped Potatoes Roasted Brussel Sprouts Adorable apricots 	9 Sweet and Sour Pork Cantonese Beautiful Brown Rice Luscious Lima Beans Salad mix with lettuce and baby spinach HB: Snappy Green Beans/Cantaloupe Slice HB: Chilled Pears	10 Mediterranean Meatloaf Fluffy Whipped Potatoes Succulent butternut squash WG Roll with creamy butter Baked Apples	11 Creamy Tomato Soup Toasted Ham and Cheese on a WG Croissant HB: LS BAKED HAM/PARSLIED POTATOES/ROASTED BROCCOLI/WGCROISSANT/JELLY/ Crisp Salad /kale/garbanzo beans/Giggling Grapes HB: Fruit Cocktail	12 Lemon Pepper Fish Baked Potato with Butter Roasted Carrots WG Roll Chilled Applesauce
15 Center Closed 	16 Vegetable Lentil Soup Pulled Pork on a Pretzel Roll Broccoli Rabe Chilled Peaches 	17 Orange Juice Western Baked Egg Sweet Turkey Sausage Patty Home Fried Potatoes Pink Grapefruit Slices WG Cinnamon Roll	18  Chicken Leg Baked Sweet Potato Blisery Beets WG roll with Butter Fresh Cantaloupe Slice HB: Applesauce	19 Swiss steak with Brown Gravy Fluffy whipped potatoes Perky Peas WG Split top dinner roll/butter Mandarin Orange Slices
22 Vegetable Lasagna Italian Meatballs/Side of sauce Roasted Asparagus Crisp Salad Greens with carrots and garbanzo beans HB: ROASTED BROCCOLI Orange Chiffon Dessert	23 Italian Wedding Soup Sliced turkey breast on a whole grain slider roll with lettuce/tomato HB: HOT TURKEY SANDWICH/GRAVY/SWEET PEAS/Roasted Carrots Marinated Vegetable Salad Tangy Tangerines HB: Pineapple	24 Beef Burgundy with Noodles Roasted Brussel Sprouts Whole Grain Breadsticks Spring mix with carrots and tomatoes HB: SUCULENT SQUASH Appealing apricots	25 Mediterranean Baked Fish Fluffy Whipped Potatoes Italian Green Beans WG Roll/Butter Tropical Fruit Salad HB: Grapefruit slices 	26 Chicken Scaloppini Baked Sweet Potatoes Roasted Broccoli WG Roll with Butter Chilled Peaches
29 Beef and Barley Soup Chunky Chicken Salad on a WG Pretzel Roll Lettuce and tomato HB:Chicken leg/Butternut squash/Roll/butter Steamed spinach in olive oil and garlic Fresh Banana HB: Pears	30 Creamy Macaroni and Cheese Stewed Tomatoes Crisp salad green with spinach HB: Roasted Broccoli Strawberry/Banana/Pineapple Cup	31 Pork Cutlets with Gravy Fluffy Whipped Potatoes Peas and Carrots Split Top Dinner Rolls/Butter Emerald Pears	Ice Cold Milk Available Every Day  	



ALL CENTERS & OFFICES CLOSED
MONDAY, JANUARY 1 – NEW YEAR'S DAY
MONDAY, JANUARY 15—
MARTIN LUTHER KING, JR DAY



Everyday at the Honesdale Center

CAREGIVER'S SUPPORT GROUP – WEDNESDAY, JANUARY 10 @ 1:30

Monday	Tuesday	Wednesday	Thursday	Friday
10:30 Bridge 12:00 Jazz Class 1:00 Crafts 12-2 Advanced Class Line Dancing 2-4 Beginning / Intermediate Line Dancing	10:30 Exercise 1:00–4:00 Pinochle	10:30 Exercise 10:30 Bridge 11:00 Tai Chi 1:00 Art Class 1:00 Bingo 1:00 Mah Jong 3:00 Jazz Dancing	10:00 Games 1:00 Cards 	10:30 Exercise 1-2:30 Shuffleboard 1-2:30 Cribbage 1:00 Pool 1-2:30 Rummikub 1-3 Memoir Writing Group (1 st & 3 rd)



Everyday at the Hawley Center

Monday	Tuesday	Wednesday	Thursday	Friday
Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 11:30 - 3 Mah Jong	Cards & Games 8-3 Gym Equipment 10:30 – 11:30 Exercise 1 - 2 Bingo	Cards & Games 8-3 Gym Equipment 10 - 12 Crafts 10:30 – 11:30 Exercise 1-2 Tai Chi 5:30 – 8:30 Mah Jong	Cards & Games 8-3 Gym Equipment 1:00 Bingo 11 – 2:30 Card Club	Cards & Games 8-3 Gym Equipment 10 - 2 Crafts 10:30 – 11:30 Exercise



Everyday at the Hamlin Center



Monday	Tuesday	Wednesday	Thursday	Friday
Cards & Games 8:00-12 Pinochle 10:00 Piano Time	Cards & Games 1:00 Bingo	Cards & Games 10:00 Exercise 1:00 Sing-Along	Cards & Games 10:00 Exercise 1:00 Crafts	Cards & Games 10:00 Bingo



NORTHERN WAYNE CENTER – THURSDAY, JANUARY 4



~ 5 Achievable New Year Resolutions for Seniors ~

1. Laugh More

Studies have shown that the simple act of laughing can reduce stress, enhance learning, reduce short term memory loss, and – in just about every way – benefit our mind, body and spirit.

So go ahead and enjoy those funny videos your grandchildren share with you on Facebook, watch your favorite comedies on TV with friends, and share stories about something that made you laugh today with someone else who will laugh with you. Because, by having a laugh with those you love – you'll actually be laughing all the way to a better quality of life.

2. Move More

As you age, it's important to stay active through exercise – because regular senior fitness doesn't JUST make your body stronger, healthier and more vibrant – but ALSO reduces your stress level and energizes your mood. With these positive benefits of regular senior exercise – your body and mind will stay active – allowing you to more effectively manage symptoms of illness or pain, maintain your independence within your own home, as well as ultimately extend the length of your own life. Low or limited mobility shouldn't discourage you from taking advantage of the short and long term benefits of regular senior fitness. Some low mobility exercises:

Benefits of Tai Chi

- Helps with Arthritis
- Enhances mental capacity & concentration
- Releases endorphins, allowing you gain energy rather than deplete you
- Promotes fast recovery from heart attack or stroke
- Improves conditions of Alzheimer's Disease, Multiple Sclerosis and Parkinson's Disease

Benefits of Chair Yoga

- Improves depression, anxiety or stress
- Helps control blood sugar levels for seniors w/Diabetes
- Provides awareness and enhancement of your respiratory system
- Increases bone density to prevent Osteoporosis
- Improves balance, decrease your risk & fear of falling

Benefits of Balance

- Increases balance and flexibility to help prevent falls
- Decreases the potential severity of injuries obtained, if a fall does occur
- Strengthens bones making them more resistant to fracture(s)
- Helps maintain brain function with age



Benefits of Water Aerobics

- Takes the stress off tight knees, hips & joints
- Reduces impact & risk of injury – safe for those with weak joints, Arthritis & Osteoporosis
- Increases bone density
- Assists blood flow, reduces heart rate as well as workload on the heart

Take the time to consult with your primary care physician before you begin any new senior fitness programs. Especially if you've been rather inactive or have had health issues in the past.

3. Make healthier food choices

Each year, “healthy eating” tops a lot of New Year's resolutions lists, and for good reason! Your current diet is made up of the day-to-day food choices you choose to eat, which directly impact your:

Energy levels / Mood / Blood pressure / Weight gain & loss / Cholesterol levels / Overall health / Digestion

A balanced, healthy diet can help reduce your risk or help you manage living with:

Heart Disease / Stroke / Bone Loss / Some types of Cancer / Anemia / Diabetes / Type 2 Diabetes



4. Drink Less Alcohol



It is especially important for senior citizens to re-evaluate their relationship with alcohol more often – as aging can actually lower the body's tolerance to the effects of alcohol.

Take Medications: Older people are more likely to take a medication that interacts with alcohol—in fact, seniors often need to take more than one of these medications.

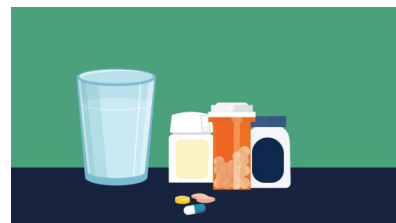
Some Medications & Alcohol Just Don't Mix – Always Read Your Medication Labels & Ask Your Doctor or Pharmacist

These days, there are many medications – from arthritis medications to sleep aids – that can't interact with alcohol in one way or another that can be harmful, even deadly. Also, due to the slower metabolism of seniors – medications as well as the effects of alcohol can stay in the body for at least several hours.

Have Health Issues: Older adults are more likely to have chronic diseases or other health issues that can be made worse by consuming alcohol.

Some of the More Common Health and Social Issues Caused by Alcohol Use and Abuse

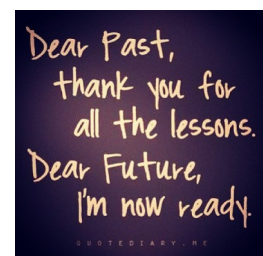
- Negative impacts or impairments to cognitive functions – sometimes initially misdiagnosed as Alzheimer's
- Negative impacts to relationships
- Accidents causing bodily to either themselves or others – sometimes caused by impairment of senses – such as falls, slips, as well as car accidents sadly
- Impairment of proper senses, balance or fine motor skills while under the influence of alcohol
- Some kinds of Cancers
- Liver damage from prolonged habitual use
- Potential to worsen many other health conditions



5. Be Your Own Cheerleader

Try to build yourself up, not break yourself down.

Anytime you take positive steps or actions toward your goals, even just a little bit, remember to reward yourself! Be kind and appreciative to yourself in all of your self-talk, and it will go a long way to improving your confidence and outlook on life!



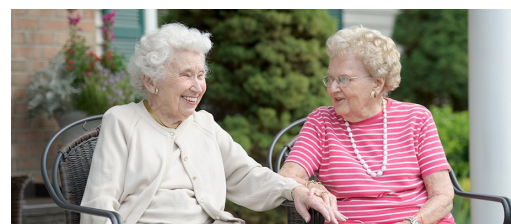
Applaud your efforts – rather than berating yourself for not having done “enough.” When you start to hear the voice of self-doubt, gently remind yourself of the positive changes you're looking forward to AND the positive benefits you've already experienced along the way. By allowing yourself to celebrate your small successes while on your journey, will boost your happiness which gives you the momentum to keep moving forward.

For all of your new year resolution goals, baby steps are key, just remember

realistic and obtainable

Have a healthy, happy!

Source: AlwaysonHealthcare





The Hamlin Senior Center celebrated in fashion for their Christmas Party on December 13th! One volunteer was festively dressed as an elf and Santa was present to assist with the Reindeer Games. First we had two Seniors compete for the Candy Cane game. Someone was cheating but I'm not saying who! It was a very close game but Sandy B. hooked herself a win! Next was the Santa's Rush game, otherwise known as the Potato game. Two teams of three competed and took turns running with a potato between their legs, then squatted and politely dropped their potato in the bucket. I hate to say it... but someone had an accident and..... missed... the bucket. No worries it was a quick clean up! The final game was the Saran Wrap game. Every table received a wrapped up ball. Each senior at each table had to peel a layer off the ball to get a candy bar and then pass it to the next person at the table. The last layer contained a stocking with a prize. The group who was able to peel off all the layers first... Won the game!



Top Five List of Activities for Seniors Dealing with Boredom

Special Upcoming January Events:

- ◇ Becky's Bucks Month of Challenges Jan. 1 - 30, 2018
(Winner's announced/prizes given January 30th after lunch)
- ◇ Bingo - Schedule Change to Jan. 2nd 10 AM
- ◇ Affirmation Day Event - Jan. 2nd 1:00 PM
- ◇ Birthday Bash - Jan. 12th at 1:00 PM
- ◇ Sing-Along Jan. 16th at 12:30 PM
- ◇ Hamlin Senior Center Choral Group Practice- Jan. 24th and 31st at 1:00 PM
- ◇ Valentine Favors Craft Time - Jan. 25th

Today's seniors are more active than ever and finding themselves bored after a few months of retirement. According to Austin West's Blog many people fill their time doing productive activities contributing to their knowledge, family, and providing for educational new interests.

- #1 - Genealogy has become popular in recent years learning about family research and personal heritage.
- #2- Day Travel is becoming more popular because it appeals to the budget of many seniors. A trip within a 50 mile radius is enough to give them a memorable experience away from home.
- #3- Enjoying the Grandchildren for day events, family events and sleep overs.
- #4 Pursuing an Activity or Interest the Senior never pursued. Horse riding, parachuting, art, writing a book, etc.
- #5 Appreciation for Music. Learning to play an instrument. Singing independently or with a group. Attending musical concerts to venues that suit the seniors personal likes.

. . . Becky Klepadlo



(picture right) The Sunday evening after Thanksgiving, November 26th, a troop of young people from the "Explorers" 4-H Club came to the Hamlin Senior Center and decorated the facility and Christmas Tree.

Santa's helpers received an A+ for their joyful work!!!!



(picture left) The Black Bear Conservatory Women's Group came to the Hamlin Senior Center and provided choral arrangements, of well known and new Christmas Carols. The performance took place on December 8th and was performed beautifully. Everyone appreciated their time and their talent.



Happy New Year one and all. I can't believe another year has gone by. As we look back on 2017 we've had good times, not so good times, some have lost love ones that we will miss but not forget, but most of all we can focus on our friends and family new and old that bring us joy. We had a wonderful turnout for our Christmas party this year. Santa and his personal friend Andy Anderson were here to entertain us.

**H
A
W
L
E
Y

N
E
W
S**

We enjoyed our friends, entertainment, Santa himself, lots of Christmas goodies and a delicious meal prepared for us from our wonderful kitchen staff. Thank you from all of your friends here at Hawley. We're looking forward to ringing in the New Year Wednesday December 27th with the musical talents of Dante Giammarco, followed by a traditional New Years feast. Please join us so we can bring in a Happy, Healthy and Prosperous 2018. Also we can

look forward to all the new trips Debbie has in store for us in the upcoming Year. Can't wait. We will be looking forward to a visit from our nutritionist Joanne sometime in the month of January. I will keep you posted with the upcoming date and time.

Our January Birthday's are; William Dewar, Margaret Lemole, Jule McConnell, Mary Sincoski, Nina Chambers, Evelyn Kent, Duane Austin, Victoria Bickel, Charles Reisel, Helen Pat Vetter, Linda Mancuso, Eileen Robano, Barbara Rankin, Sanda Lynch, Dawn VanDenend, Teddy Looney and Florence Gluck. Happy Birthday one and all!

	7	5	3		8		
4		8		5	2	6	7
9							
		1	8	9	3		
					9		
7			5		2		
							3
	5		7	1		8	
1				4			6



December 7, 2017 – Wallenpaupack North Intermediate School Choral Group: The Wallenpaupack North Intermediate School's choral group, under the direction and accompaniment of Loriann Kerber entertained the center with some beautiful holiday tunes. Thank you students! (see picture below)

December 11, 2017 – Woodloch Resort Cooking Show: Over 80 seniors enjoyed a trip to Woodloch for the annual cooking show and lunch; a good time was had by all. Thank you to Woodloch Resort and the Avery Bus Company for providing this annual event.

December 13, 2017 – Christmas Party: Santa arrived and distributed door prizes to many of the 85 seniors in attendance. The group enjoyed a delicious dinner and warm companionship. (see pictures page 9)

January 1, 2017: Remember all centers are closed on Monday in observance of New Year's Day.

January 11, 2018: Three classes of Stourbridge Primary School's second-graders, under the direction of Alicia Moyer, will treat us with the gift of song at 10:30 a.m. Please plan to arrive before lunch to enjoy the performance by these enthusiastic students.

January 16, 2018 – Martin Luther King, Jr. Day: All centers are closed in observance of this holiday.

Northern Wayne/Lakewood Happenings: On December 7 the Christmas party was held for the seniors who reside in the northern part of Wayne County. The Preston Middle School students performed a variety of holiday songs, including an audience interactive rendition of "The Twelve Days of Christmas." It was a lovely concert and appreciated by all in attendance. Santa stopped by with a sleigh full of gifts for the seniors. The next meeting will be on Thursday, January 4, 2018 - a New Year's party. Please call Marie at 570-253-5540 to make a reservation.

Gratitude: Thank you to Weis Market in Honesdale for their weekly donation of baked goods to the center; in addition, heartfelt thanks go to the Transportation Department who deliver it faithfully every week.

Kudos goes to the center's volunteers who provide so many services to seniors every weekday, all year long. May the new year bring you nothing but health and happiness!



Honesdale Center Seniors and Staff are entertained by the Wallenpaupack School as they sing Holiday Songs

Joanne Pesota, RD will be conducting an in-service for the staff and clients on Wednesday, January 10, 2018 at the Honesdale Senior Center, starting at 11:00 A.M for clients and 1 or 1:30 for staff.

The topic will be Calcium: The role it plays in our bodies and food sources.



SHARE Housing Representative, Larisa Yusko will be at the Honesdale Senior Center on Thursday, January 4, 2018 from 1:00 to 3:00 PM. Larisa will meet to discuss eligibility or start the application process. Contact Larisa at 570-832-5133 for more information or to make an appointment on the 4th or at a time that is more convenient for you.

WHAT IS SHARE? SHARE is an affordable housing choice that brings together homeowners who want to share their home with home seekers who are looking for housing in exchange for rent, help around the house, or a combination of both. The home seeker receives their own bedroom and agreed upon use of the common areas. Every arrangement is unique depending on the needs, preferences, and abilities of the participants involved.

WHY SHARE A HOME? Some people like the idea of having another person around the house. Others are looking for an affordable place to live or a way to supplement their income in order to meet household expenses. In some cases, it enables the older adult to remain in their home and community.


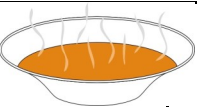



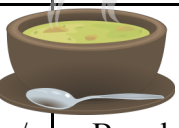

Homesharing offers the homeowner:

- Income to help with expenses
- A responsible tenant
- Companionship and increased security
- Help with household tasks or other agreed

Homesharing offers the home seeker:

- A private bedroom with agreed upon, shared common spaces
- Affordable rent
- Reduced rent in exchange for providing services



 Ala Carte Menu	2) Tomato soup  Grilled cheese sandwich	3) Soup of the day Taco salad with salsa & sour cream	4) Soup of the day BLT sandwich 	5) Soup of the day Roast beef wrap
8) Chili Cheeseburger wrap	9) Soup of the day Chef salad	10) Soup of the day Hot ham & cheese on a croissant	11) Soup of the day Reuben sandwich	12) Soup of the day Baked potatoes
15) Closed 	16) Tomato soup Grilled cheese sandwich	17) Soup of the day Pulled pork with coleslaw wrap	 18) Soup of the day Pizza by the slice	19) Soup of the day Rachael
Soup of the day Cheeseburger and sweet potato fries	23) Soup of the day Turkey ,bacon ranch wrap	24) Soup of the day Egg salad sandwich	25) Soup of the day Meatball hoagie	26) Soup of the day BLT wrap
29) Soup of the day Reuben sandwich	30) Soup of the day Chicken tenders w/ sweet potato fries	 31) Soup of the day Breaded Chicken Caesar Salad		

AWARENESS THROUGH POETRY

Glenn of Trees will guide a reading and sharing of insights from the spiritual likes of Rumi and Hafiz and other spiritual poets on
Tuesday, January 30th from 5:30 to 6:30

TUESDAYS WITH NELLIE



Annelle Snyder facilitating Tuesdays, January 9th, February 13th and March 13th at 5:30. Help solve the mystery!



Contact Elizabeth at 570-253-1220 or ewilson@waynelibraries.org to register

PA FORWARD

PENNSYLVANIA LIBRARIES

PathStone



Connecting You to Opportunities

and the
 Senior Community Service Employment Program
 (SCSEP)

55 and Older
 Low Income & Unemployed?

PathStone will place you in a
Part-Time
Community Service Training Assignment
 to gain experience while you are moving
 toward the
Ultimate Goal of an Unsubsidized Job
 Call **570-325-9444**

Belong to an organization, need a speaker? WE can help Speakers are available on a variety of topics, such as: services or programs available through the Area Agency on Aging Office, Wayne County Transportation, Drug and Alcohol, Children & Youth, Behavioral Health and more. Give us your idea and we will find an appropriate speaker for you, just give us a call at 570-253-4262 and ask for Juliann Doyle or email: jdoyle@waynecountypa.gov

2	7	5	3	4	6	8	1	9
4	3	8	1	5	9	2	6	7
9	1	6	2	7	8	3	4	5
5	6	1	8	9	3	7	2	4
3	8	2	4	6	7	9	5	1
7	9	4	5	1	2	6	3	8
8	4	7	6	2	5	1	9	3
6	5	9	7	3	1	4	8	2
1	2	3	9	8	4	5	7	6



Home Delivered Meal recipients will receive a 3 day supply of shelf stable meals - once a month for December, January and February— for a total of 9 meals. These are meant to cover weather or other emergencies that may result in deliveries not being made.

Lost and Found:

Sometimes items get left behind on the Transportation Department's vans. Please note that we will hold items up to six weeks. If you think you may have left an item behind, please call Transportation at 570-253-4280 or toll free at 1-800-662-0780.



Mohegan Sun Casino
Thursday, March 22, 2018
 (Snow Date: Monday, March 26)
\$22.00 per person



Price includes: \$25 free slot play, \$5 food voucher, bus transportation, & driver's tip
 Depart the casino at 3:00pm
 Sign up with Marie at 253-5540 or Debbie at 570-630-2385

*Money needs to be in by Friday, March 9th.

*Make checks payable to: Wayne County Aging.

*Cancellation Policy: Your money refunded only if your

seat can be filled, until Mar. 9th. After Mar. 9th money will not be refunded for any reason.

Make sure you can go on both dates in case of bad weather.

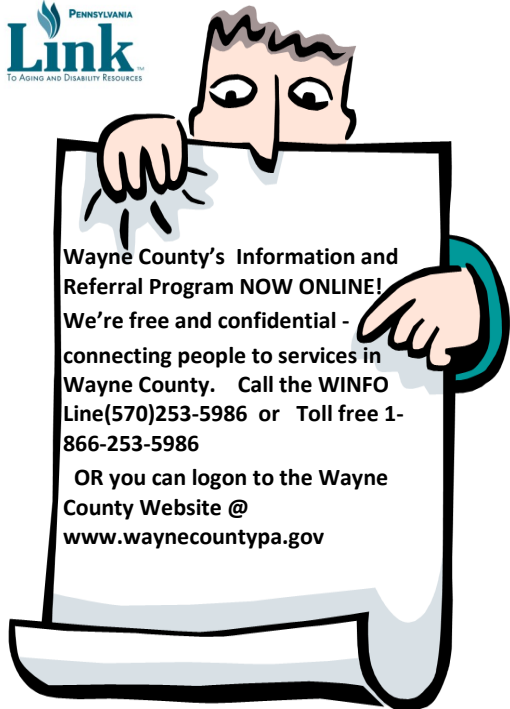
*Remember to bring your picture I.D.'s.

Depart:

Honesdale McDonald's @ 8:30am
 Ray's Market, Waymart @ 9:00am
 Hawley Senior Center @ 8:30am
 Hamlin Senior Center @ 9:00am

Return Home:

Honesdale @ 4:30pm
 Waymart @ 4:00pm
 Hawley @ 4:30pm
 Hamlin @ 4:00pm



Wayne County's Information and Referral Program NOW ONLINE!
We're free and confidential - connecting people to services in Wayne County. Call the WINFO Line(570)253-5986 or Toll free 1-866-253-5986
OR you can logon to the Wayne County Website @ www.waynecountypa.gov

Production Coordinator: Kathy Robbins
Menu Coordinator: Joanne Pesota
Editor: Kathleen Chicoski
kchicoski@waynecountypa.gov

The Wayne County Adult Day Service is open Monday – Friday. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.

Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail
Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign
Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St
Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only
Waymart satellite @ St. Mary's Rectory at 262 Carbondale Road, Waymart. Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.
Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780
Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.



2018

Tomorrow, is the first blank page of a 365 page book. Write a good one.” Brad Paisley